

# A Prescriber's Guide to Duocal®



**SUPER SOLUBLE**  
**DUOCAL®**

Calories you can count on.

**NUTRICIA**  
Advanced Medical Nutrition

# A Prescriber's Guide to Duocal<sup>®</sup>



- Duocal is a powdered, flavorless medical food that provides calories in the form of fat and carbohydrate for increased energy intake
- Duocal is suitable when increased calories are indicated (e.g. failure-to-thrive)
- Use Duocal to increase energy density of any diet without adding allergenic protein, vitamins, or minerals

## How should Duocal be used?

Duocal can easily be added to moist foods and beverages at meal or snack time without changing the taste, texture, or amount of food - great if a child is struggling with food intake. This helps ensure essential calories for catch-up growth without the struggle of increasing the amount of food to eat.

- Distribute Duocal throughout the day
- Start small to allow the child to adjust to extra calories, gradually increasing the amount per serving to meet prescribed calorie goals
- We suggest starting with about 1 tsp per ½ cup of food or beverage, building up to no more than about 2 Tbsp per ½ cup of food or beverage



Measure	Weight	Calories
1 scoop	5 g	25
1 tsp	2.6 g	13
1 Tbsp	8.5 g	42
¼ cup	30 g	148
½ cup	56 g	276
1 cup	117 g	576

Household measurements are approximations only. For accuracy use a gram scale.

## How much Duocal should I prescribe?

- The daily amount and prescribed use of Duocal should be determined by a dietitian, physician, or other healthcare professional
- The table below is a guide for prescribing Duocal based on a daily calorie goal
- Please note: The daily calorie goal from Duocal will vary depending on:
  - consideration of where a child is on his/her growth chart
  - the goal for catch-up growth
  - age
  - weight
  - gender
  - activity level
  - medical conditions
  - calories from other sources

*For more on calorie needs for catch-up growth, see pages 220-222: National Research Council. Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients). Washington, DC: The National Academies Press, 2005. (Online at <http://www.nap.edu>)*

**Weight should be monitored regularly and the Duocal prescription adjusted based on weight change**

## Sample Duocal Goals:

This table is a guide for healthcare professionals to help determine a Duocal prescription based on a daily calorie goal. Individual requirements vary.

Daily Duocal Calorie Goal	Amount of Duocal	Sample Daily "Prescription"	Number of Cans per Month*
75 kcal/day	15 grams, 3 scoops	1 scoop, tid	2
150 kcal/day	30 grams, 6 scoops	2 scoops, tid	3
225 kcal/day	46 grams, 9 scoops	3 scoops, tid	4
300 kcal/day	61 grams, 12 scoops	3 scoops, qid	5

\* 1 can Duocal = about 80 scoops

**For more information, visit [www.MyDuocal.com](http://www.MyDuocal.com) or call 1-800-365-7354**



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